



Carroll ISD Athletics Cold Weather Policy

High School Athletic Cold Policy

Wind Chill Factor under 35 degrees with rain:

35 minutes of exposure/20 minutes inside gym (may return outside after 20 minutes) 35 minutes exposure/20 minutes inside

Dry clothing (socks, gloves)

Athletes must be dressed in warm-ups with extremities covered

Wind Chill Factor under 32 degrees without rain:

45 minutes exposure/ 15 minutes inside gym

Athletes must be in warmups with extremities covered

Wind Chill Factor 32 Degree with rain:

All practices will be inside

No outside exposure

Wind Chill Factor 30 Degree (Dry):

30 minutes of total exposure to chill factor

15 minutes inside

Warm-ups must be worn at all times, extremities covered

Wind Chill Factor of 25 degrees:

No outside practices

All work must be inside

WIND CHILL FACTOR OF LESS THAN 25 DEGREES:

- 45 minutes of exposure/15 minute warm-up period/45 minutes of exposure
- Athletes must be dressed in warm-ups with extremities covered
- Wet clothing must be changed during the warm-up period

WIND CHILL FACTOR LESS THAN 18 DEGREES:

- No outside exposure



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Middle School Athletic Cold Weather Policies

Wind Chill Factor Under 45 degrees with rain:

35 minutes of exposure/20 minutes inside gym (may return outside after 20 minutes) 35 minutes exposure/20 minutes inside

Dry clothing (socks, gloves)

Athletes must be dressed in warmups with extremities covered

Wind Chill Factor Under 35 degrees without rain:

45 minutes exposure/ 15 minutes inside gym

Athletes must be in warmups with extremities covered

Wind Chill Factor 38 Degree with rain:

All practices will be inside

No outside exposure

Wind Chill Factor 35 Degree (Dry):

30 minutes of total exposure to chill factor

15 minutes inside

Warmups must be worn at all times, extremities covered

Wind Chill Factor of 30 degrees:

No outside practices